ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

• The MODEL NUMBER OF THE PRODUCT (NETL92130)

• The NAME OF THE PRODUCT (NordicTrack® 4200 R treadmill)

• The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)

• The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on pages 34 and 35 and the EXPLODED DRAWING attached in the centre of this manual)
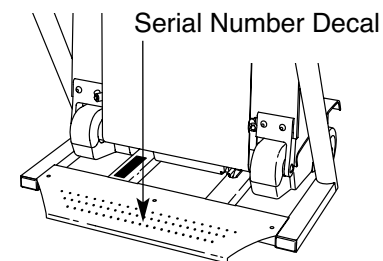
NordicTrack®

4200 R

Class H Fitness Product

Model No. NETL92130
Serial No. _____

Find the serial number in the location shown below. Write the serial number in the space above for reference.

Serial Number Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:
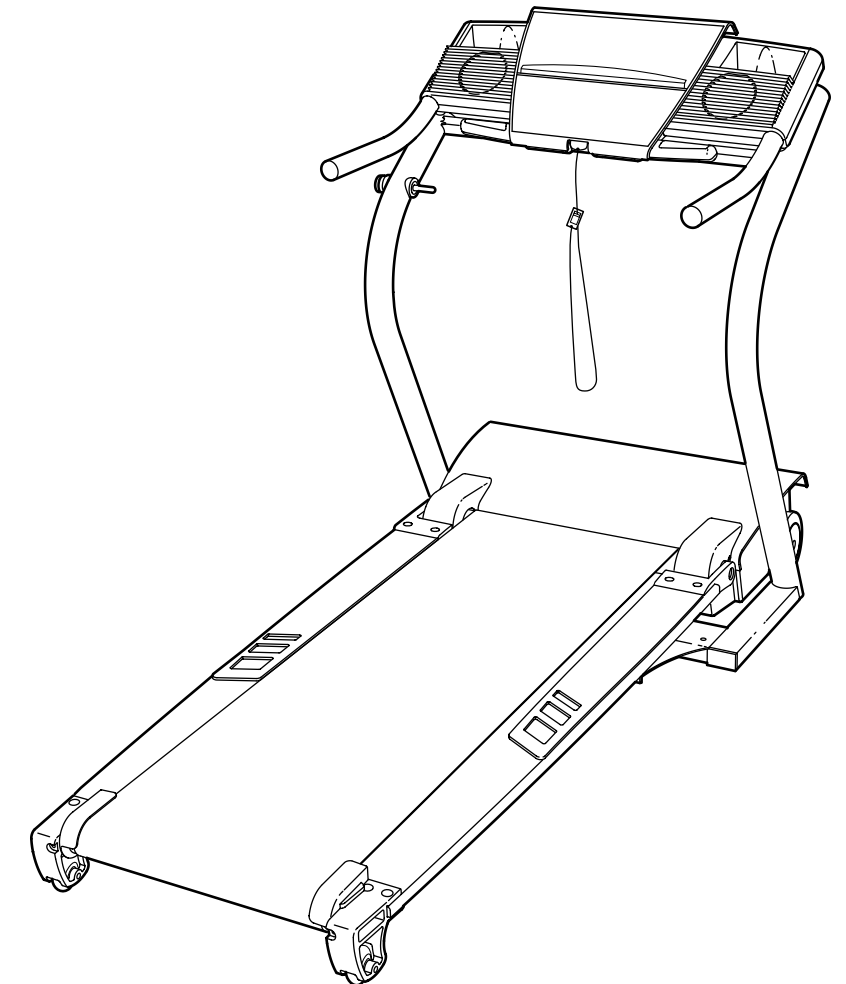**Or write:**

08457 089 009

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at
www.iconeurope.com

NordicTrack® 4200 R

TABLE OF CONTENTS

Note: An EXPLODED DRAWING is attached in the centre of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Front Wheel Bushing	129	1	Filter
102	2	Front Wheel	130	2	Motor Bushing
103	2	Front Wheel Spacer	131	2	Roller Adj. Washer
104	4	Handrail Bolt	132	1	Chest Pulse Strap
105	2	Fan	133	1	Chest Pulse Sensor
106	4	Handrail Bushing	134	1	Isolator Plate
107	1	Latch Pin	135	1	Ferrite Box
108	1	Pin Clip	136	4	Base Pad Screw
109	1	Latch Pin Collar	137	3	Hood Screw (Rear)
110	1	Latch Knob Spring	138	2	Frame Pivot Nut
111	1	Latch Knob Sleeve	139	1	Transformer
112	1	Latch Knob Spacer	140	1	Ground Screw
113	1	Latch Knob	141	1	Ground Nut Washer
114*	1	Latch Assembly	142	2	Motor Spacer
115	1	Left Cup Holder	143	1	Electronics Bracket
116	1	Right Cup Holder	144	1	Splitter
117	1	Right Fan Housing	#	1	12" Green Wire, 2 Ring
118	2	Upright Endcap (Round)	#	1	8" Green Wire, F/Ring
119	2	Wire Harness	#	1	6" Green Wire, 2 Ring
120	2	Upright Hood Mount (Side)	#	1	4" Green Wire, F/Ring
121	4	8" Cable Tie	#	1	8" Blue Wire, 2F
122	1	iFIT.com Audio Cable	#	1	4" Blue Wire, 2F
123	1	Jack	#	1	4" Black Wire, 2F
124	1	Releaseable Tie	#	1	8" White Wire, 2F
125	1	Catch	#	1	User's Manual
126	1	Idler Arm Bushing			
127	2	Leveling Foot			* Includes all parts shown in the box
128	1	Power Board			# These parts are not illustrated

NordicTrack is a registered trademark of ICON Health & Fitness, Inc.

PART LIST—Model No. NETL92130

To locate the parts listed below, see the EXPLODED DRAWING attached in the centre of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Allen Wrench	51	1	Incline Motor Bolt (Bottom)
2	2	Rear Wheel Bolt	52	1	Incline Motor Bracket
3	1	Rear Endcap (Left)	53	1	Front Roller Adj. Bolt
4	2	Roller Star Washer	54	1	Front Roller Nut
5	2	Rear Roller Adj. Bolt	55	2	Motor Bolt
6	2	Rear Wheel	56	1	Pulse Wire
7	4	U-nut	57	1	Lift Leg
8	8	Endcap Bolt	58	1	Left Fan Housing
9	1	Roller Guard (Left)	59	2	Large Cage Nut
10	1	Roller Guard (Right)	60	2	Plastic Stand-off
11	1	Rear Endcap (Right)	61	1	Front Endcap (Right)
12	8	Endcap Nut	62	1	Motor Hood
13	8	Endcap Washer	63	2	Hood Clip
14	1	Rear Roller	64	1	Controller
15	1	Warning Decal	65	1	Controller Bracket
16	2	Foot Rail Cover	66	1	Motor Controller Wire
17	1	Pulse Receiver	67	2	Euro Power Cord
18	2	Belt Guide	68	1	Receptical
19	1	Choke	69	1	Circuit Breaker
20	2	Frame Pivot Bolt	70	1	12" Audio Wire
21	2	Frame Pivot Washer	71	1	Audio Wire Nut
22	1	Left Foot Rail	72	1	On/Off Switch
23	1	Walking Belt	73	2	Static Decal
24	1	Walking Platform	74	1	Belly Pan
25	1	Right Foot Rail	75	4	Tie Holder
26	1	Front Endcap (Left)	76	1	Belly Pan Bracket
27	1	Ground Wire	77	2	Support Bracket Screw
28	4	Support Bracket Screw	78	1	Filter Wire
29	1	Support Bracket	79	1	Console Ground Wire
30	1	Front Roller/Pulley	80	1	Console Base
31	1	Magnet	81	1	Console
32	1	Motor Belt	82	1	Book Holder
33	1	Motor	83	1	Handrail
34	2	Frame Pivot Bushing	84	2	Handrail Endcap
35	2	Frame Pivot Spacer	85	1	Hand Grip Pulse
36	1	Reed Switch Clip	86	21	Screw
37	1	Reed Switch	87	26	Console Screw
38*	1	Idler Assembly	88	4	2" Console Screw
39	1	Idler Pulley Bolt	89	1	Console Back
40	1	Pulley Bushing	90	1	Base Plate Bumper
41	1	Idler Pulley	91	1	Base Plate
42	8	Lift Motor Nut/Idler Nut	92	3	Base Plate Screw
43	4	Tension Washer	93	9	Base Screw
44	2	Incline Motor Bolt (Top)	94	1	Wire Track
45	1	Idler Arm Bearing	95	4	Base Pad
46	1	Idler Arm	96	3	Cage Nut
47	1	Idler Spring	97	2	Upright Endcap
48	9	Hood Mount Screw	98	1	Key/Clip
49	5	Hood Mount	99	1	Upright
50	1	Incline Motor	100	2	Front Wheel Bolt

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

2. Use the treadmill only as described in this manual.

3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio or near water.

5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

6. Keep children under the age of 12 and pets away from the treadmill at all times.

7. The treadmill should not be used by persons weighing more than 135 kg (300 lbs.).

8. Never allow more than one person on the treadmill at a time.

9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

10. When connecting the power cord (see page 9), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.

11. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

12. Keep the power cord away from heated surfaces.

13. Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)

14. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.

15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

16. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

17. Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)

18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 25.) You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.

19. Do not change the incline of the treadmill by placing objects under the treadmill.

20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

21. When using iFIT.com CDs and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

22. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

23. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

24. Inspect and properly tighten all parts of the treadmill regularly.

25. Never insert or drop any object into any opening.

26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

27. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on your treadmill. If the decal is missing or illegible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.

Note: The decal is not shown at actual size.
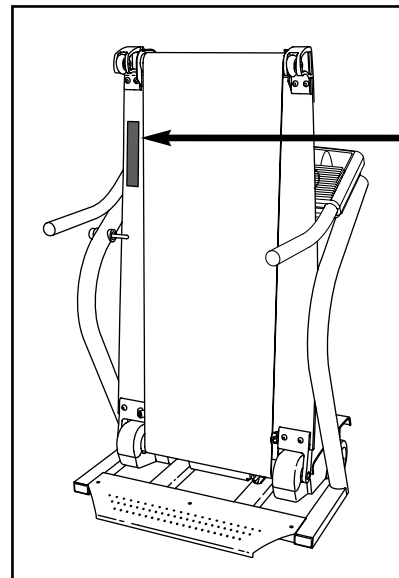
⚠**WARNING:**
Protect yourself and others from risk of serious injury. Read the user's manual and :

•Stand only on the side rails when starting or stopping treadmill.

•Change speed in small increments.

•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

•Stop if you feel faint, dizzy, or short of breath.

• Fully engage storage latch before treadmill is moved or stored.

•Reduce incline to its lowest level before folding treadmill into storage position.

•Never allow children on or around treadmill.

•Remove key when not in use.

•Keep clothing, fingers, and hair away from moving belt.

•Never try to adjust or fix the belt while it is moving.

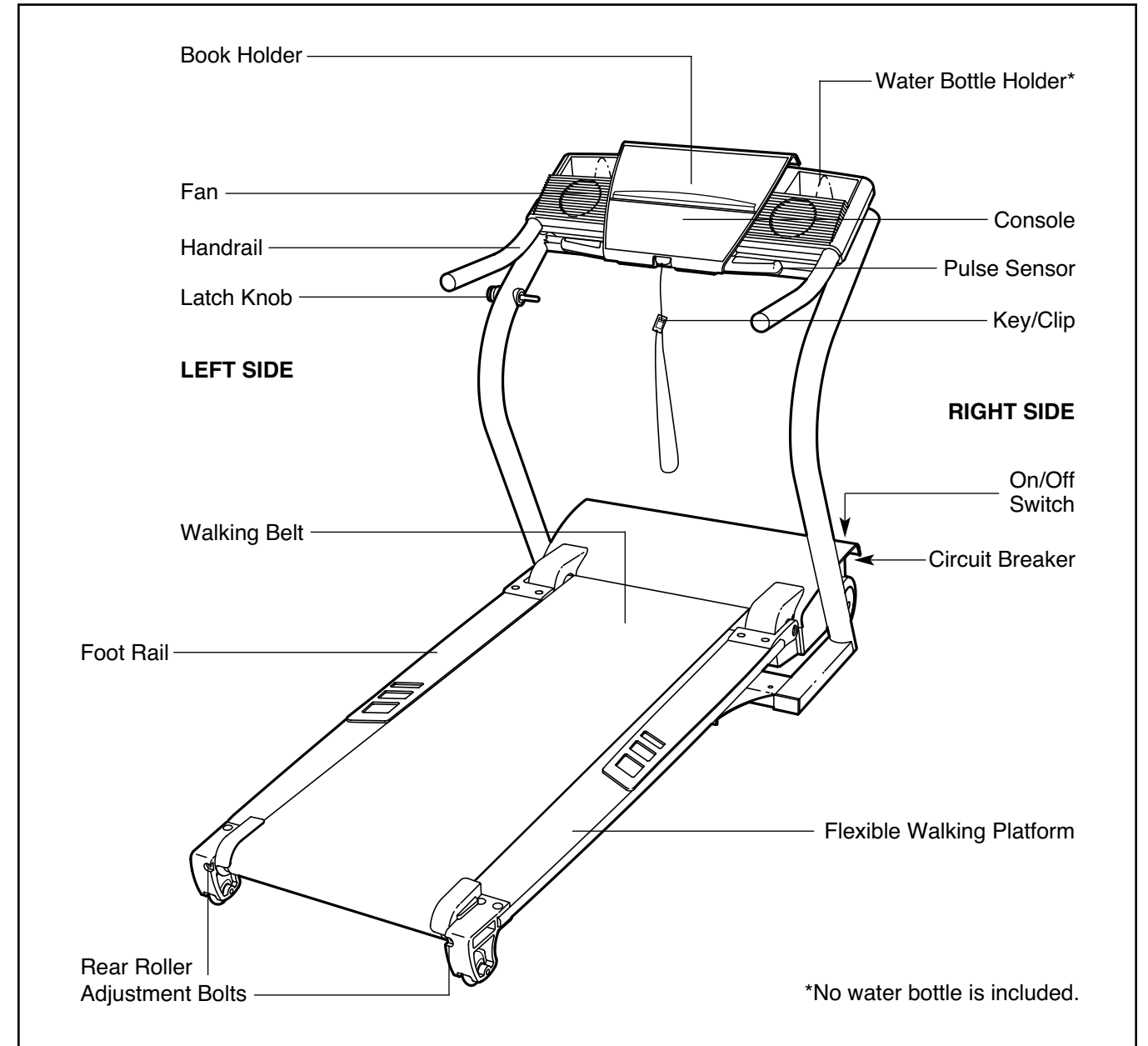•Always wear athletic shoes while operating treadmill.

NOTES

NOTES

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® 4200 R treadmill. The 4200 R treadmill offers an impressive array of features to make your home workouts more enjoyable and effective. And when you're not exercising, the unique 4200 R can be folded up, requiring less than half the floor space of other treadmills.
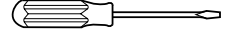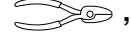
For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please call our Customer Service

Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is NETL92130. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.

Book Holder

Water Bottle Holder*

Fan

Console

Handrail

Pulse Sensor

Latch Knob

Key/Clip

LEFT SIDE

RIGHT SIDE

On/Off Switch

Walking Belt

Circuit Breaker

Foot Rail

Flexible Walking Platform

Rear Roller Adjustment Bolts

*No water bottle is included.

ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own flat-bladed screwdriver** ⟨▭▭▭⟩ , **wire cutters** ⟨✂⟩ , **and adjustable spanner** ⟨▭▭⟩ .

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the treadmill or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt or foot pads, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

> ⚠ **WARNING:** Do not plug in the power cord until the treadmill is completely assembled.

1. Slide the treadmill out of the box. Insert the three Cage Nuts (96) into the three indicated holes in the treadmill.

   To insert each Cage Nut (96), first hook one side of the Cage Nut into the hole and then use a flat-bladed screwdriver to press the other side into the hole, as shown.
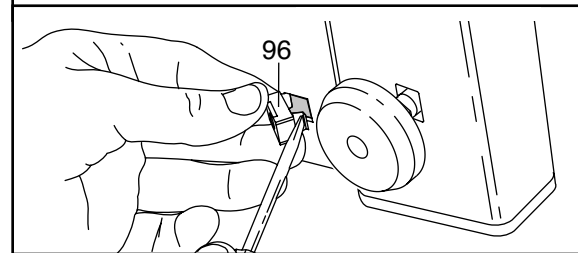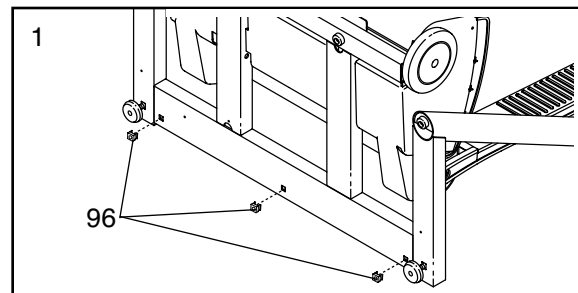
2. With the help of a second person, carefully raise both Uprights (99) to a vertical position. Press the Latch Knob Sleeve (111) into the left Upright and hold the Latch Knob Spacer (112) against the left Upright.

   Remove the Latch Knob (113) from the Latch Pin (107). Make sure that the Latch Pin Collar (109) and the Spring (110) are on the Latch Pin. (Note: If there are two Latch Pin Collars, place one on each side of the Spring.) Insert the Latch Pin into the Latch Knob Sleeve (111) and the Left Upright (99).

   Tighten the Latch Knob (113) onto the Latch Pin (107).
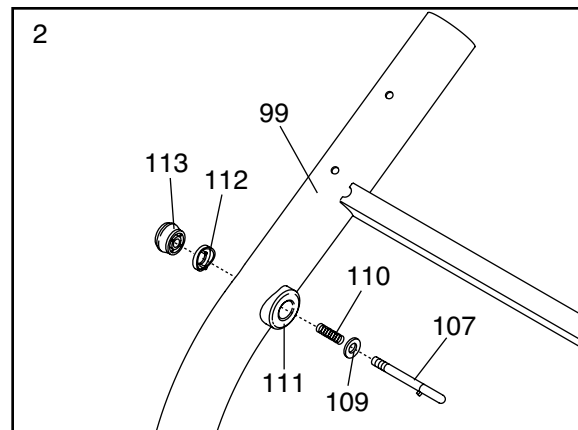
3. With the help of a second person, raise the Walking Platform (24) to the storage position and make sure that the latch pin is engaged as described on page 25.

   Position the Base Plate (91) on the treadmill as shown. Attach the Base Plate with the three Base Plate Screws (92). Note: It may be helpful if a second person tips the treadmill slightly as you tighten the Screws.

   If the treadmill rocks slightly, turn one or both of the Levelling Feet (127) under the Uprights (99) until the rocking motion is eliminated. Carefully lower the Walking Platform (24) to the floor as described on page 26.
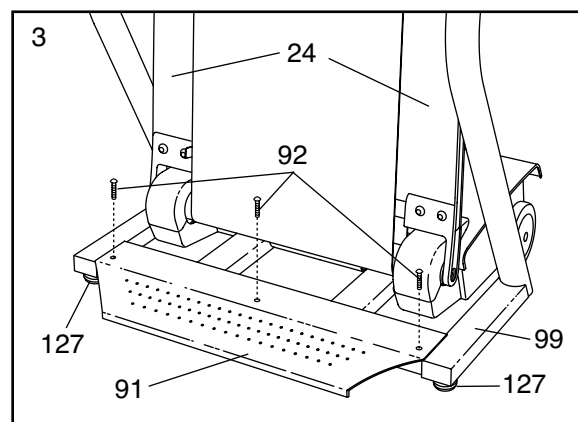
SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
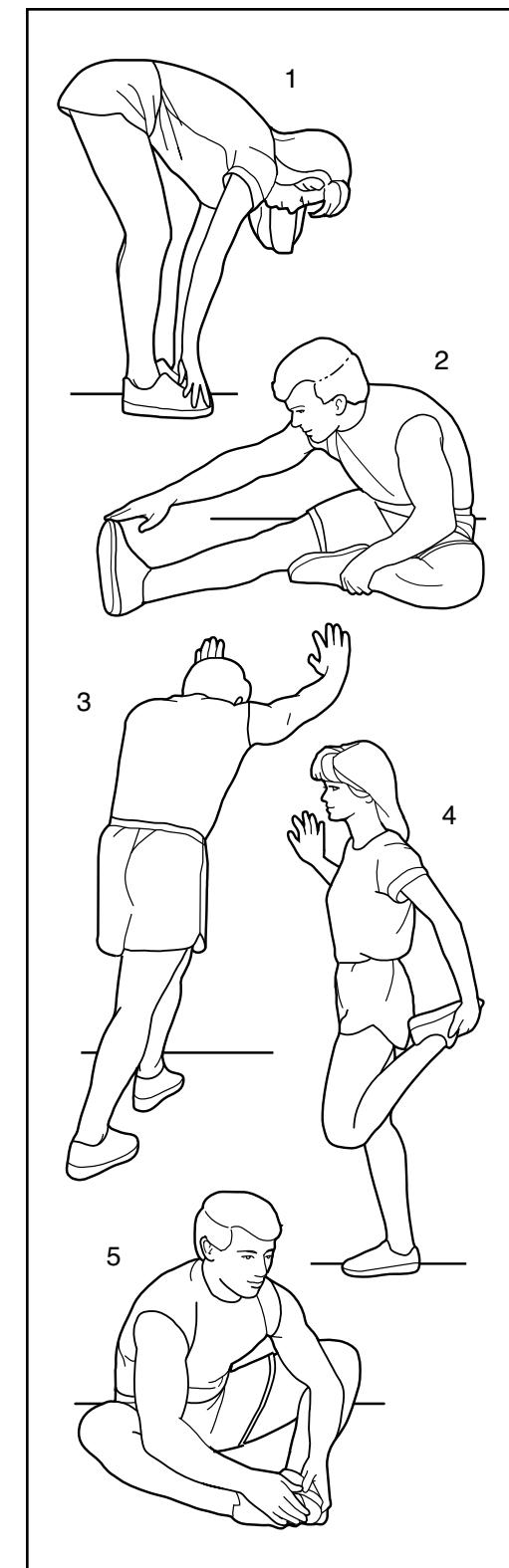
CONDITIONING GUIDELINES

⚠️ **WARNING:** **Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.**

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor on the console.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for en-ergy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

---

4. Have a second person hold the Handrails (83) near the Uprights (99). Connect the Upright Wire Harness (119) to the wires extending from the Console Base (80) (see the inset drawing). **The connectors should slide together easily and snap into place. If they do not, turn one connector and try again.** Then, insert the connectors and the Upright Wire Harness into the hole in the right Upright.

   Set the Handrails on the Uprights, being careful not to pinch the wires.
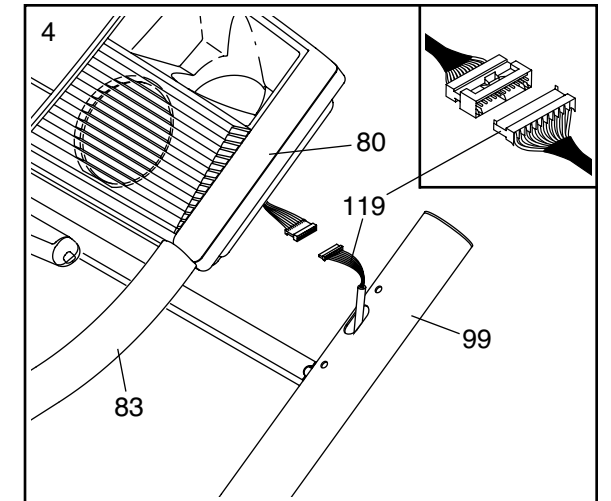
5. Insert two Handrail Bolts (104) with Handrail Bushings (106) into the right Upright (99) and the right Handrail (83). **Be careful not to pinch the wires.** Make sure that the Handrail Spacers are flush against the right Upright, with the thick sides facing the centre of the treadmill, as shown in the inset drawing. Next, lift the right Handrail (83) slightly and align the Bolts with the holes in the Handrail. Thread the Bolts into the Handrail. **Do not tighten the Bolts yet.**

   Attach the left Handrail (not shown) in the same way. Then, **tighten all four Handrail Bolts (104).**
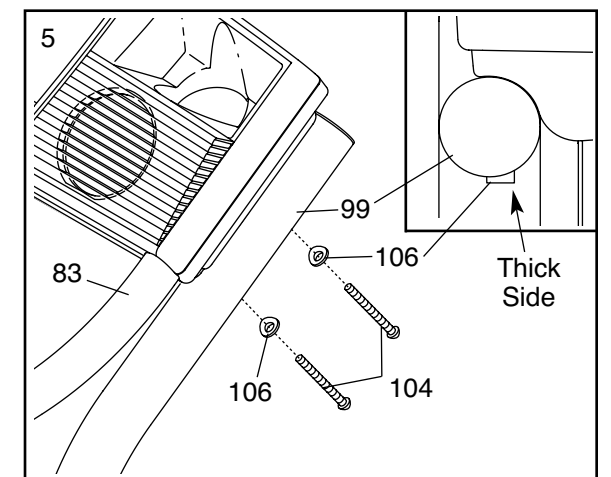

6. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 28). **To protect the floor or carpet from damage, place a mat under the treadmill.**

HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.
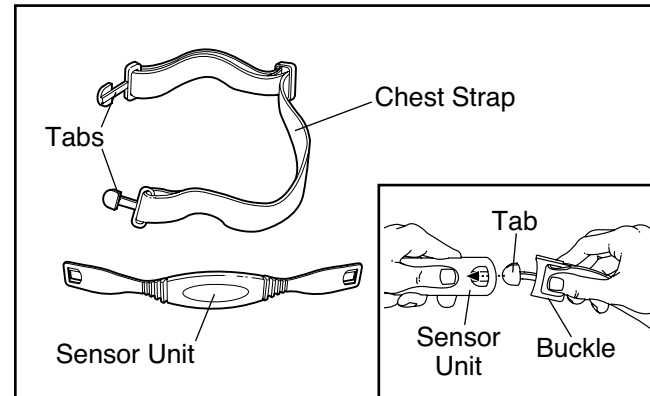
Next, wrap the chest pulse sensor around your chest, and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.
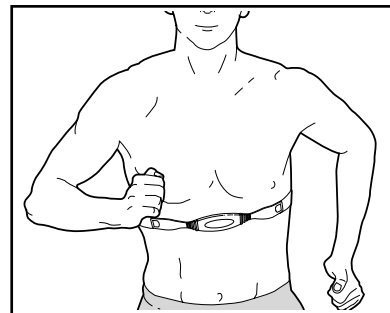
Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

• Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

• Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.

• Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 50° Celsius (122° Fahrenheit) or below -10° Celsius (14° Fahrenheit).

• Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.

• Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

• Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.

• Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.

• As you walk or run on the treadmill, position yourself near the centre of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**

• The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

• The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.

• The CR2032 battery may need to be replaced (see page 29).

PROBLEM: The incline of the treadmill does not change correctly or does not change when iFIT.com CDs and videos are played

SOLUTION: a. With the key in the console, press one of the Incline buttons. **Whilst the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The heart rate monitor does not function properly

SOLUTION: a. If the heart rate monitor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 8.

b. If the heart rate monitor still does not function properly, the battery should be changed. To replace the battery, locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover and turn the cover counterclockwise to the "open" position. Remove the cover.
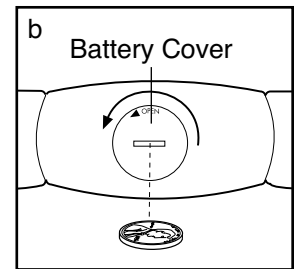
Remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.
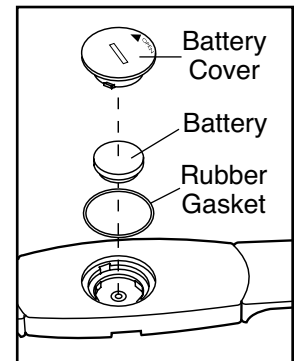
PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).
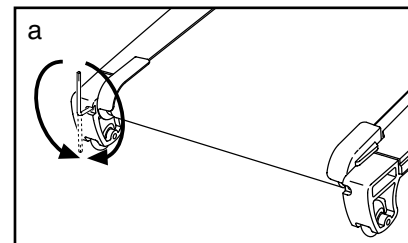
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 8–10cm (3–4 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

b

8–10cm

Rear Roller Adjustment Bolts
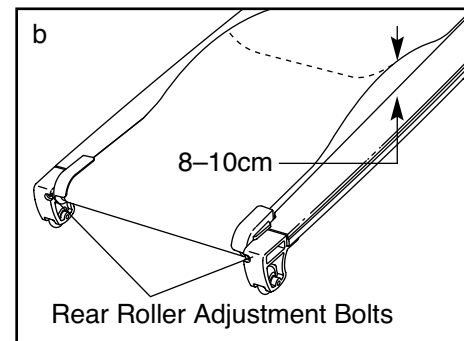
c. If the walking belt still slows when walked on, call our Customer Service Department, toll-free.

PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. If the walking belt is off-centre, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is centred.

a

b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 8–10cm (3–4 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

b
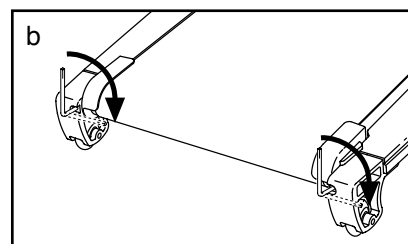
PROBLEM: The treadmill rocks during use

SOLUTION: a. If the treadmill rocks slightly during use, turn one or both of the Levelling Feet (127) under the Upright (99) until the the rocking motion is eliminated. Note: If necessary, tip the treadmill forward and use a phillips screwdriver to turn the Levelling Feet.

a

127

127   99
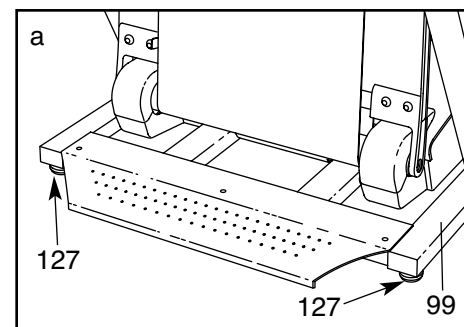
OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

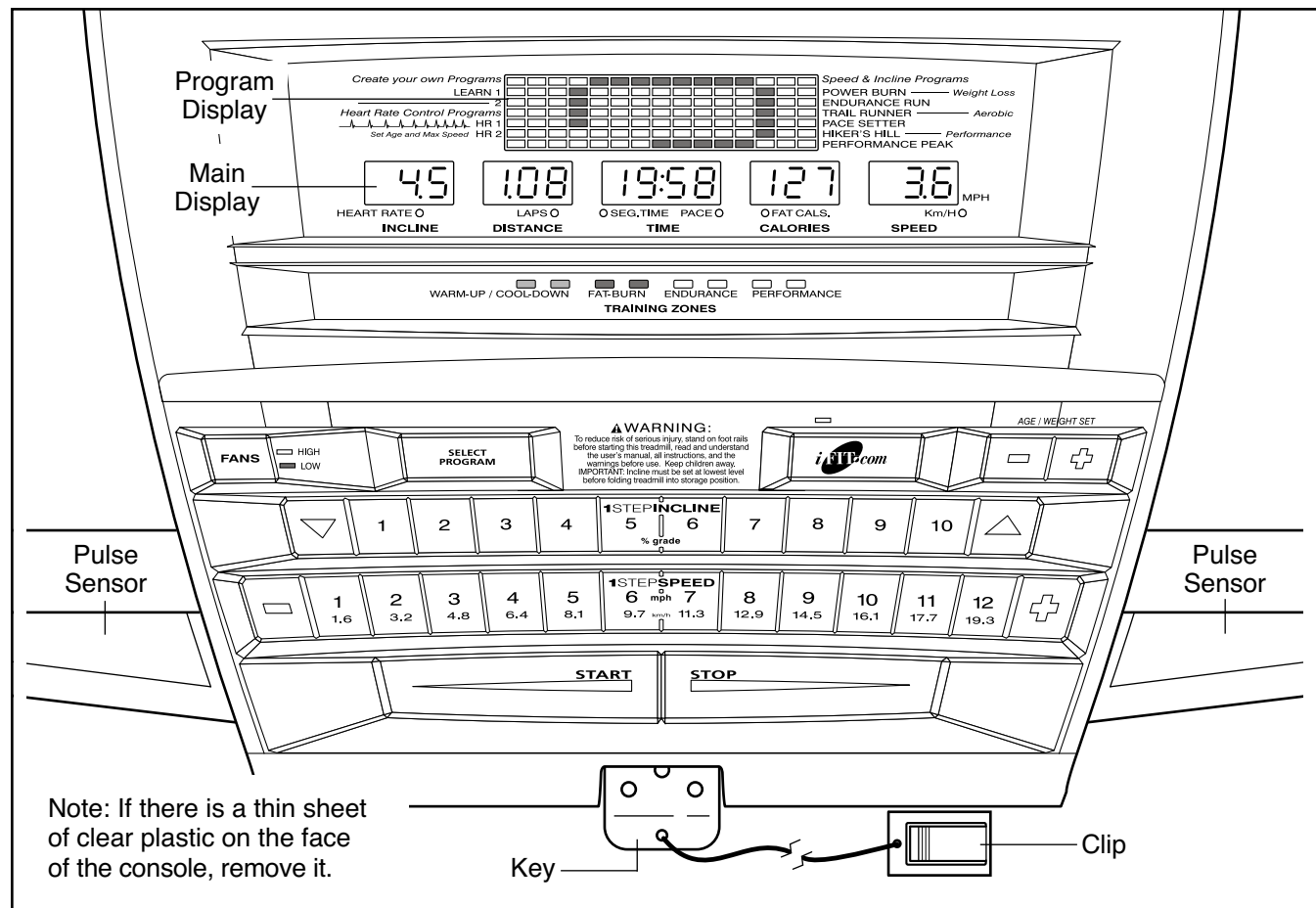### HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and a earthing plug.

Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. Next, lift the tab on the ferrite box and clamp the ferrite box around the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. The plastic tie will prevent the ferrite box from sliding along the power cord. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.

Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

1

Socket on treadmill

Ferrite Box

Plastic Tie

Tab

2

Outlet
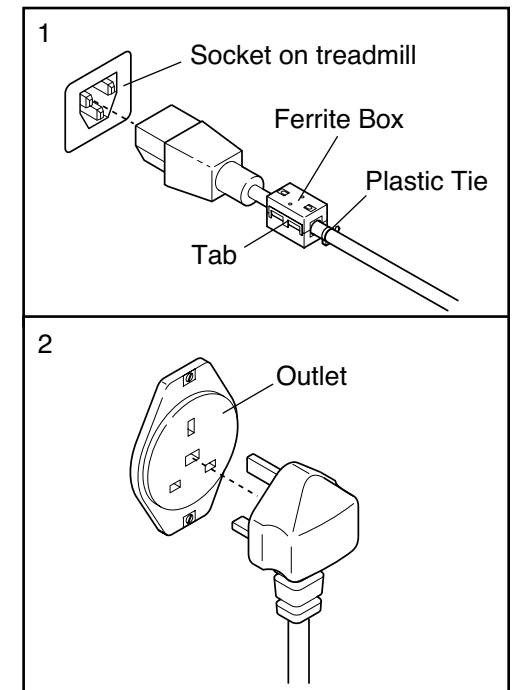
⚠ **DANGER:** Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Program Display

Main Display

HEART RATE	LAPS	SEG.TIME	PACE	FAT CALS.	
INCLINE	**DISTANCE**	**TIME**	**CALORIES**	**SPEED**	

Create your own Programs
LEARN 1
LEARN 2
Heart Rate Control Programs
HR 1
HR 2
Set Age and Max Speed

Speed & Incline Programs
POWER BURN — Weight Loss
ENDURANCE RUN
TRAIL RUNNER — Aerobic
PACE SETTER
HIKER'S HILL — Performance
PERFORMANCE PEAK

4.5   1:08   19:58   127   3.6 MPH   Km/H

WARM-UP / COOL-DOWN   FAT-BURN   ENDURANCE   PERFORMANCE
TRAINING ZONES

FANS   HIGH   LOW   SELECT PROGRAM   iFIT.com   AGE / WEIGHT SET

⚠WARNING: To reduce risk of serious injury, stand on foot rails before starting this treadmill, and read and understand the user's manual, all instructions, and the warnings before use. Keep children away. IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.

1STEP INCLINE % grade
1 2 3 4 5 6 7 8 9 10

1STEP SPEED mph
1 (1.6) 2 (3.2) 3 (4.8) 4 (6.4) 5 (8.1) 6 (9.7) 7 (11.3) 8 (12.9) 9 (14.5) 10 (16.1) 11 (17.7) 12 (19.3)

START   STOP

Pulse Sensor   Pulse Sensor

Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

Key   Clip

FEATURES OF THE CONSOLE

The advanced console offers an impressive array of features designed to help you get the most from your exercise. When the manual mode is selected, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor or the chest pulse sensor.

In addition, the console offers six preset workout programs and two heart rate programs. Each program automatically controls the speed and incline of the treadmill to give you an effective workout. You can even create your own custom workout programs and store them in memory for future use.

The console also features iFIT.com interactive technology. Having IFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the treadmill to your home

stereo, portable stereo, or computer and play special iFIT.com CD and videocassette programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and videocassette programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, visit our Web site at www.iFIT.com.**

With the treadmill connected to your computer, you can even go to our Web site at www.iFIT.com and access programs directly from the internet. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 11. **To use a preset program**, see page 13. **To create and use a custom program,** see pages 15 and 16. **To use a heart rate program,** see page 17. **To use an iFIT.com CD or video program**, refer to page 21. **To use an iFIT.com program directly from our Web site**, see page 23.

TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 9.) If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.

c   Tripped   Reset

d   On Position
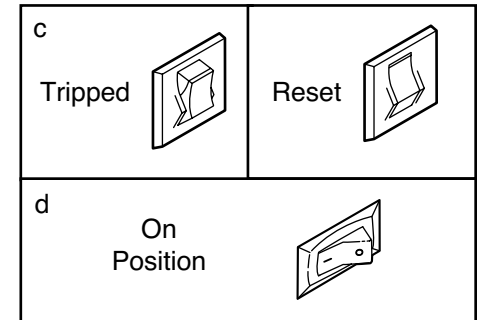
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the on/off switch is in the on position.

e. If the treadmill still will not run, please call our Customer Service Department.

**PROBLEM: The displays of the console do not function properly**

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the indicated Screws (48) from the Hood (62). Carefully rotate and lift the Hood.

Locate the Reed Switch (37) and the Magnet (31) on the left side of the Pulley (30). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3mm (1/8 in.).** If necessary, loosen the Screw (86) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

a   48   62   48

3 mm
86   30
37   31

Top View
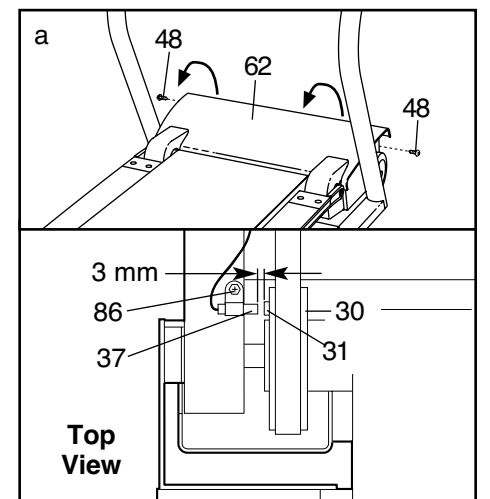
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the pin on the latch knob. Slowly release the latch knob.

Pin

Latch
Knob

Platform
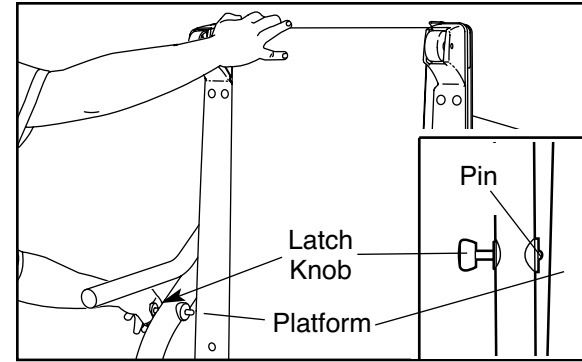
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**
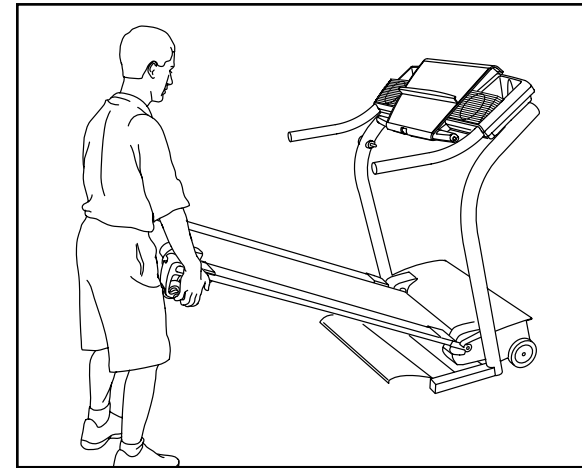
⚠ CAUTION: Before operating the console, read the following precautions.

· **Do not stand on the walking belt when turning on the power.**

· **Always wear the clip (see the drawing on page 10) whilst operating the treadmill.**

· **Adjust the speed in small increments to avoid sudden jumps in speed.**

· **The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.**

· **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.**

HOW TO TURN ON THE POWER

1 **Plug in the power cord.**

See page 9.

2 **Make sure the on/off switch is in the on position.**

Locate the on/off switch on the treadmill near the power cord. Make sure the on/off switch is in the on position.

On Position
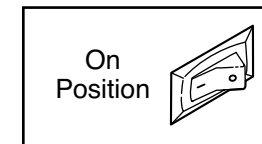
3 **Attach the clip to the waistband of your clothes.**

Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 9), and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

HOW TO USE THE MANUAL MODE

1 **Insert the key fully into the console.**

See HOW TO TURN ON THE POWER at the left.

2 **Select the manual mode.**

When the key is inserted, the manual mode will be selected. If a program has been selected, press the Select Program button repeatedly until a track appears in the program display and the indicator above the iFIT.com button is not lit.
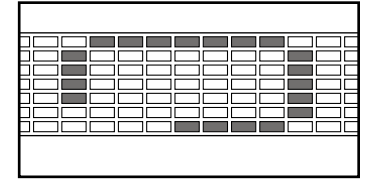
3 **Press the Start button or the Speed + button to start the walking belt.**

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking. To change the

3.6 MPH
Km/H ○
SPEED

speed of the walking belt, press the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the 1-step Speed buttons. Note: It may take a moment for the treadmill to reach the selected speed setting.

To stop the walking belt, press the Stop button. The Time/Pace display will begin to flash. To restart the walking belt, press the Start button or the Speed + button.

Note: During the first few minutes that the treadmill is used, observe the alignment of the walking belt, and align it if necessary (see page 28).

4 **Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press the Incline △ and ▽ buttons. Each time a button is pressed, the incline will change by 0.5%. To

4.5
HEART RATE ○
INCLINE

change the incline setting quickly, press the 1-step Incline buttons. Note: It may take a moment for the treadmill to reach the selected incline setting.
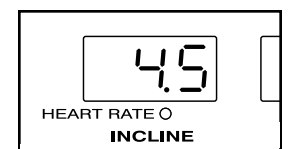
5 **Follow your progress with the displays.**

The Program display—When the manual mode or the iFIT.com mode is selected, the program display will show a track representing 1/4 mile. As you exercise, the indicators around the track will light in sequence until you have walked or run 1/4 mile. A new lap will then begin.
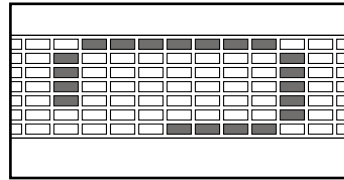
The Training Zone display—As you exercise, the Training Zone display will show the approximate intensity level of your exercise. As you increase the intensity, additional indicators will light.
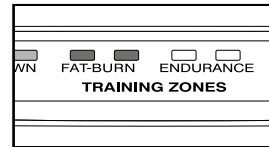
Incline/Heart Rate display—This display shows the incline level of the treadmill. When the handgrip pulse sensor or the chest pulse sensor is used, the display will also show your heart rate. Note: Each time the incline level changes, the display will show the incline level.

Distance/Laps display—This display shows the distance that you have walked or run and the number of 1/4-mile laps you have completed. The display will change from one number to the other every few seconds, as shown by the Laps indicator below the display.

Time/Pace display—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time and your current pace (pace is measured in minutes per mile). When a program is selected, the display will show the time remaining in the program, the time remaining in the current segment of the program, and your current pace. The display will change from one number to the next every few seconds, as shown by the indicators below the display.
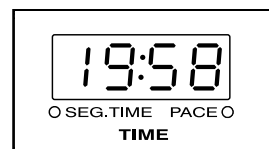
Calories/Fat Calories display—This display shows the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 30). The display will change from one number to the other every few seconds, as shown by the indicator below the display.

Note: The display will show calories and fat calories more accurately if you enter your weight. To enter your weight, the manual mode must be selected. Press the Age/Weight Set buttons repeatedly to enter your weight. Your weight will be shown in the Speed display. A few seconds after the buttons are last pressed, the weight setting will disappear from the display. Your weight will then be saved in memory.

**Speed display**—This display shows the speed of the walking belt.

Note: When the Km/H indicator below the Speed display is lit, the console will display speed and distance in kilometres; when the indicator is not lit, the console will display speed and distance in miles. To change the unit of measurement, first hold down the Stop button whilst inserting the key into the console. An "E" for English miles or an "M" for metric kilometres will appear in the Speed display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. **Note: For simplicity, all instructions in this manual refer to miles.**
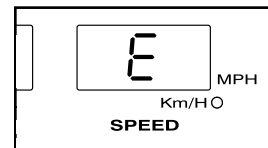
To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6 **Measure your heart rate if desired.**

To measure your heart rate using the handgrip pulse sensor, **stand on the foot rails** and place your hands on the metal contacts on the handrail. Your palms must be

Metal Contacts
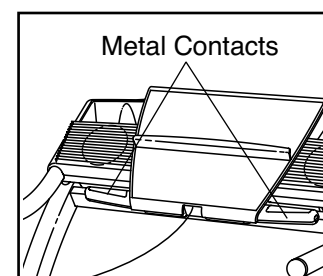
HOW TO FOLD AND MOVE THE TREADMILL
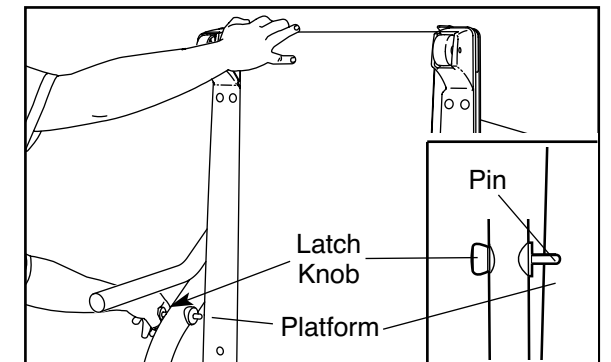
HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.
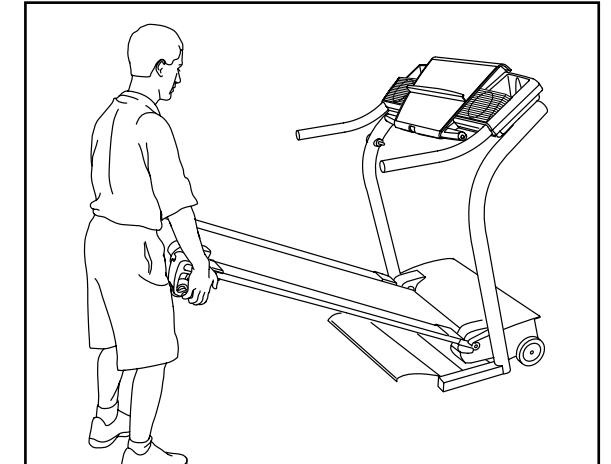
2. Move your right hand to the position shown and hold the treadmill firmly. Pull the latch knob to the left and hold it. Raise the treadmill until the platform passes the pin on the latch knob. Release the latch knob. **Make sure that the platform is resting against the pin as shown.**

 To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).

Pin

Latch Knob

Platform

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch plate is resting against the pin on the latch knob.**

1. Hold the handrails as shown and place one foot against a wheel.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

Base

Front Wheels

## THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been operated. The information mode also allows you to switch the console from miles to kilometres. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button whilst inserting the key into the console. When the information mode is selected, the following information will be shown:

The Distance/Laps display will show the total number of miles or kilometres that the walking belt has moved.

The Time/Pace display will show the total number of hours that the treadmill has been used.
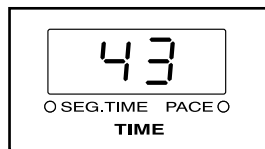
An "E" for English miles or an "M" for metric kilometres will appear in the Speed display. Press the Speed + button to change the unit of measurement.
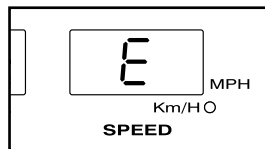
IMPORTANT: The Calories/Fat Calories display should be blank. If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence; the buttons on the console cannot be operated. **If a "d" appears in the Calories/Pulse display when the information mode is selected, press the Speed – button so the display is blank.**

To exit the information mode, remove the key from the console.

---

resting on the upper contacts, and your fingers must be touching the lower contacts— **avoid moving your hands**. When your pulse is detected, the Heart Rate indicator will flash, two or three dashes (– – –) will appear in the Incline/Heart Rate display, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**
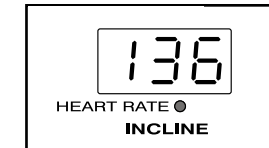
7 Turn on the fans if desired.

To turn on the fans at low speed, press the Fans button. To turn on the fans at high speed, press the Fans button a second time. To turn off the fans, press the Fans button a third time. Note: Any time that the walking belt is stopped for a few minutes, the fans will automatically turn off.

8 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 24 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.


HOW TO USE PRESET PROGRAMS

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select one of the preset programs.

When the key is inserted, the manual mode will be selected. To select a preset program, press the Select Program button repeatedly until the Power Burn, Endurance Run, Trail Runner, Pace Setter, Hiker's Hill, or Performance Peak indicator lights.
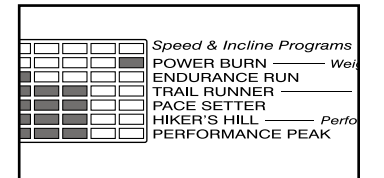
For about six seconds after a program is selected, the Incline/Heart Rate display will flash the maximum incline setting for the program, and the Speed display will flash the maximum speed setting for the program. The Time/Pace display will show how long the program will last. The program display will show the first ten speed settings for the program.

3 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. (The Time/Pace display will show both the time remaining in the program and the time remaining in the current segment.) One speed setting and one incline setting are programmed for each segment. (The same speed setting and/or incline setting may be programmed for consecutive segments.) The speed setting for the first segment will be shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next several segments will be shown in the columns to the right.
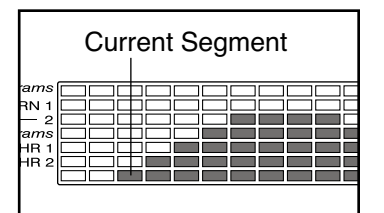
When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the Speed display and/or the Incline/Heart Rate display will flash to alert you. When the first segment is completed, all speed settings will move one column to the left. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit after the speed settings have moved to the left, the speed settings will move downward so that only the highest indicators appear in the program display. If some of the indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

The program will continue until the speed setting for the last segment is shown in the Current Segment column and no time remains. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well.) **Note: When the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program temporarily, press the Stop button. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed + button. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 12.

6 Turn on the fans if desired.

See step 7 on page 13.

7 When the program has ended, remove the key.

Step onto the foot rails and make sure that the incline of the treadmill is at the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 24 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 20. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

Follow the steps below to use a program from our Web site.

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button or press the Select Program button repeatedly until the indicator above the iFIT.com button lights.
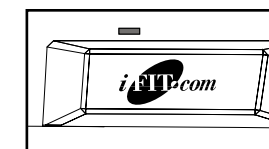
3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the Time/Pace display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit and that the Time/Pace display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 Follow your progress with the displays.

See step 5 on page 12.

9 When the program has ended, remove the key.

See step 7 on page 14.

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the CD or video program**.

When the CD or video program is completed, the walking belt will stop and the Time/Pace display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 21.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard:

• **Make sure that the iFIT.com indicator is lit and that the Time/Pace display is not flashing. If the Time/Pace display is flashing, press the Start button or the Speed + button on the console.**

• **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

• **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

• **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

• **See the instructions near the top of page 29.**

5 **Follow your progress with the displays.**

See step 5 on page 12.

6 **Measure your heart rate if desired.**

See step 6 on page 12.

7 **When the program has ended, remove the key.**

See step 7 on page 14.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player or VCR when you are finished using them.
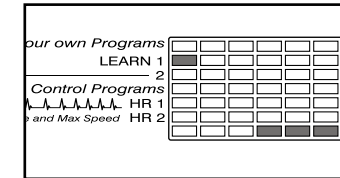
---

1 **Insert the key fully into the console.**

See HOW TO TURN ON THE POWER on page 11.

2 **Select one of the custom programs.**

When the key is inserted, the manual mode will be selected. To select a custom program, press the Select Program button repeatedly until the Learn 1 or Learn 2 indicator lights.

Note: If the custom program has not yet been defined, three columns of indicators will be lit in the program display. If more than three columns of indicators are lit, refer to HOW TO USE CUSTOM PROGRAMS on page 16.

3 **Press the Start button or the Speed + button and program the desired speed and incline settings.**

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

Refer to the program display. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) To program a speed setting and

Current Segment
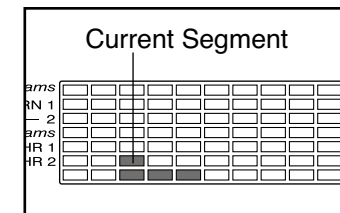
an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column.

When the first segment of the program is completed, the current speed setting and the current incline setting will be saved in memory. The three columns of indicators will then move one column to the left, and the speed setting for the second segment will be shown in the flashing Current Segment column. Program speed and incline settings for the second segment as described above. Note: After the third segment is completed, the columns of indicators in the program display will no longer move to the left. Instead, each time a segment is completed, the flashing Current Segment column will move one column to the right. If the Current Segment column reaches the right side of the program display, when the current segment is completed, all columns of indicators in the program display will move three columns to the left.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you programmed and the number of segments will then be saved in memory.

4 **Follow your progress with the displays.**

See step 5 on page 12.

5 **Measure your heart rate if desired.**

See step 6 on page 12.

6 **When the program has ended, remove the key.**
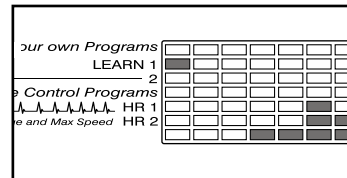
See step 7 on page 14.

HOW TO USE CUSTOM PROGRAMS

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select one of the custom programs.

When the key is inserted, the manual mode will be selected. To select a custom program, press the Select

Program button repeatedly until the Learn 1 or Learn 2 indicator lights.

For about six seconds after a program is selected, the Incline/Heart Rate display will flash the maximum incline setting for the program, and the Speed display will flash the maximum speed setting for the program. The Time/Pace display will show how long the program will last. The program display will show the first ten speed settings for the program. **Note: If only three columns of indicators are lit in the program display, refer to HOW TO CREATE CUSTOM PROGRAMS on page 15.**

3 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

Each program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next several segments will be shown in the columns to the right.
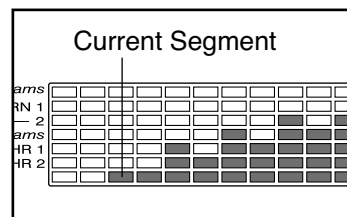
When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a tone will sound. If the speed and/or incline of the treadmill is about to change, the Speed display

and/or the Incline/Heart Rate display will flash to alert you, and three tones will sound. When the first segment is completed, all speed settings will move one column to the left. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue until the speed setting for the last segment is shown in the Current Segment column and no time remains. The walking belt will then slow to a stop.

If desired, you can redefine the program whilst using it. **To change the speed or incline setting for the current segment,** simply press the Speed or Incline buttons. When the current segment is completed, the new setting will be saved in memory. **To increase the length of the program,** first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. Note: Whilst you are adding segments to the program, the speed settings in the program display will not move to the left. Instead, each time a segment is completed, the flashing Current Segment column will move one column to the right. If the Current Segment column reaches the right side of the program display, when the current segment is completed, all columns of indicators in the program display will move three columns to the left. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program,** press the Stop button twice at any time before the program is completed.

To stop the program temporarily, press the Stop button. All displays will pause and the Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed + button. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 12.

6 When the program has ended, remove the key.

See step 7 on page 14.

HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 20.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into the AUDIO OUT jack on your VCR.
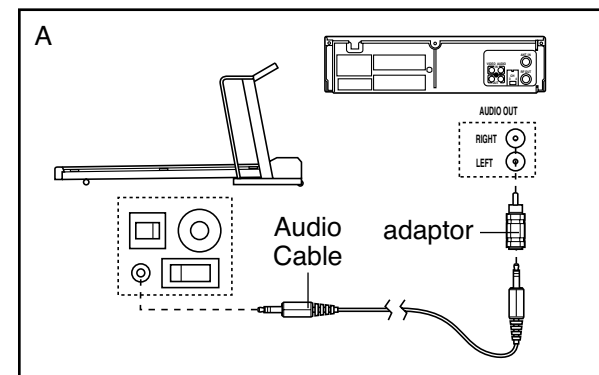
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA Y-adaptor. Plug the RCA Y-adaptor into the AUDIO OUT jack on your VCR.
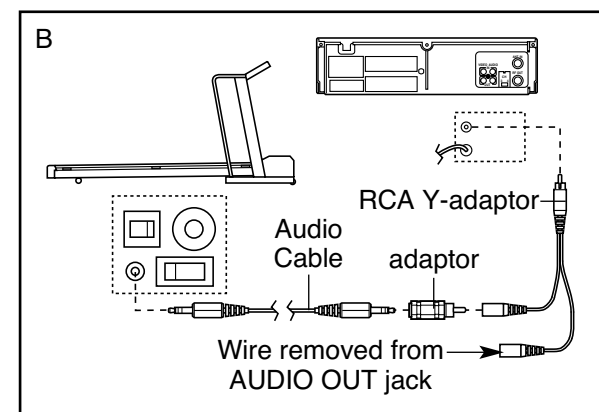
HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on pages 19 to 21. **Note: To purchase iFIT.com CDs and videocassettes, visit our Web site at www.iFIT.com.**

Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use an iFIT.com CD or video program, press the iFIT.com button or

press the Select Program button repeatedly until the indicator above the iFIT.com button lights.
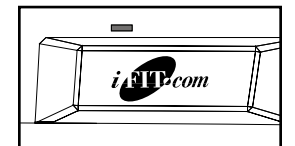
3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

**4 Press the PLAY button on your CD player or VCR.**

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Pace display is flashing, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD or video program when the Time/Pace display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into the LINE OUT jack on your stereo.
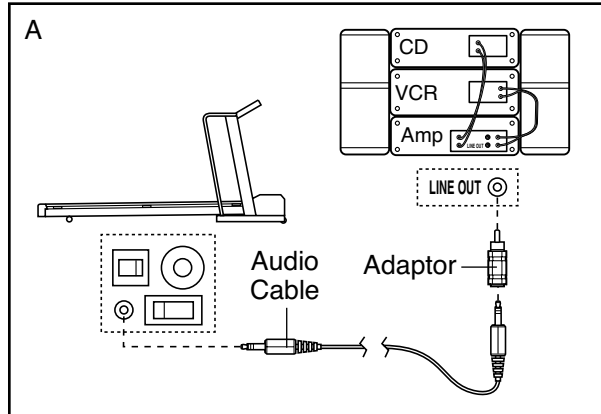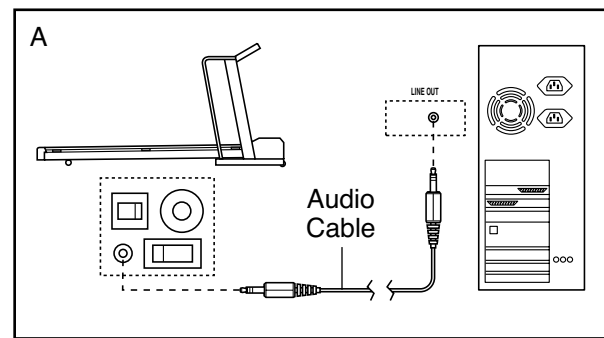

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the LINE OUT jack on your stereo.
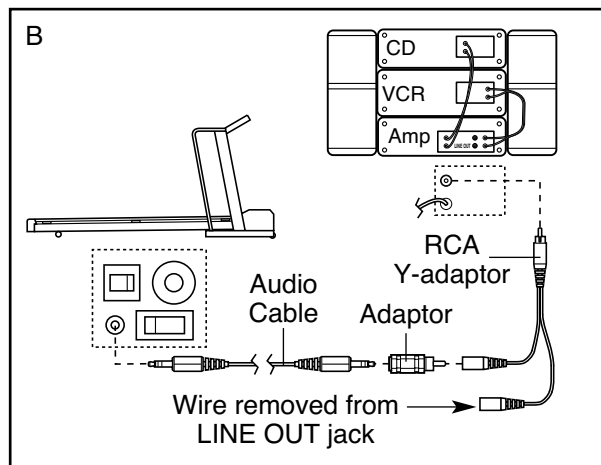
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5 mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your computer.

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.
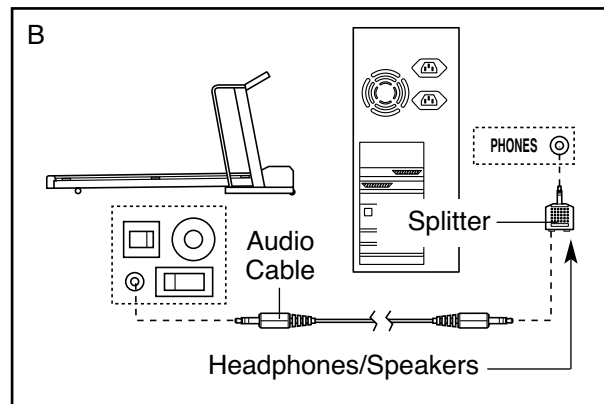
HOW TO USE HEART RATE PROGRAMS

⚠ **CAUTION:** **If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.**

Follow the steps below to use a heart rate program.
Note: You must wear the chest pulse sensor to use a heart rate program.
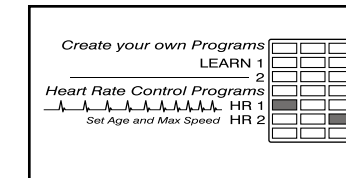
1 **Put on the chest pulse sensor.**

See page 8.

**2** **Insert the key fully into the console.**

See HOW TO TURN ON THE POWER on page 11.

3 **Select a heart rate program.**

When the key is inserted, the manual mode will be selected. To select a heart rate program, press the Select Program button repeatedly until the HR1 or HR2 indicator lights.


During heart rate programs, the program display will show a graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.
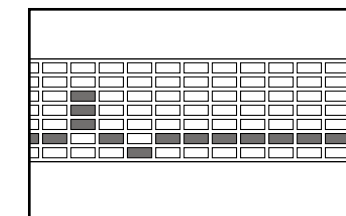

4 **Enter your age.**

When a heart rate program is selected, the letters "AGE" and the current age setting will begin to flash in the Speed display. You must enter your age to use a heart rate program. If you have already entered your age, press the Start button (pressing the Start button at this time will not start the program). If you have not entered your age, press the Age/Weight Set buttons until your age is shown. Then, press the Start button. Your age will then be saved in memory.
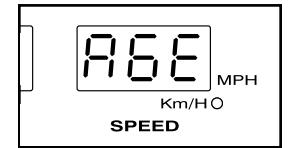
5 **Adjust the maximum speed limit for the program.**

After you have entered your age, the letters "SPd" (speed) and the maximum speed limit for the program will flash in the Speed display. If desired, change the maximum speed limit by pressing the 1-step Speed buttons.
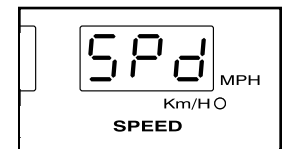
6 **Press the Start button or the Speed + button to start the program.**

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each heart rate program is divided into 20 one-minute segments. (The Time/Pace display will show both the time remaining in the program and the time remaining in the current segment of the program.) One target heart rate setting is programmed for each segment. (The same target heart rate setting may be programmed for consecutive segments.)

During the program, the console will regularly compare your heart rate to the current target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the treadmill will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. If the speed reaches the maximum speed limit for the program (see step 5 on page 17) and your heart rate is still too far below the current target heart rate setting, the incline of the treadmill will also increase to bring your heart rate closer to the target heart rate setting.

The program will continue until no time remains in the program. The walking belt will then slow to a stop.

If the current speed or incline setting is too high or too low, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the current target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

If your pulse is not detected during the program, the letters "PLS" will flash in the Incline/Heart Rate display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, refer to the instructions on page 8.

To stop the program at any time, press the Stop button. Heart rate programs should not be stopped temporarily and then restarted. To use a heart rate program again, reselect the program and start it at the beginning.

7 **Follow your progress with the displays.**

See step 5 on page 12.

8 **When the program is completed, remove the key from the console.**

See step 6 on page 14.

HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 19 and 20 for connecting instructions. **To use iFIT.com videocassettes,** the treadmill must be connected to your VCR. See page 21 for connecting instructions. **To use iFIT.com programs directly from our Web site,** the treadmill must be connected to your home computer. See page 20 for connecting instructions.
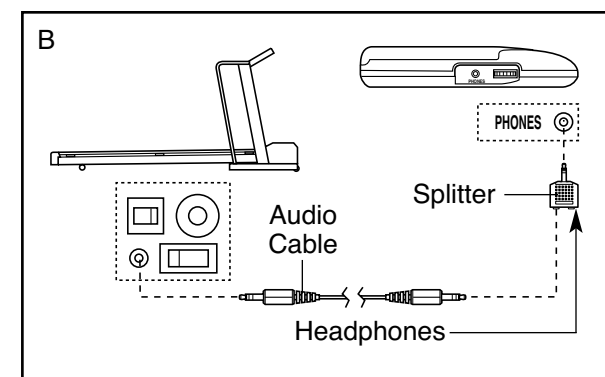
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
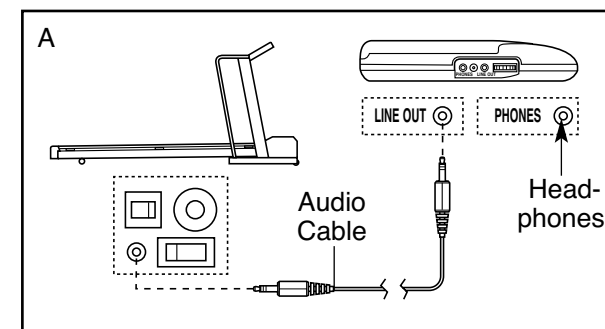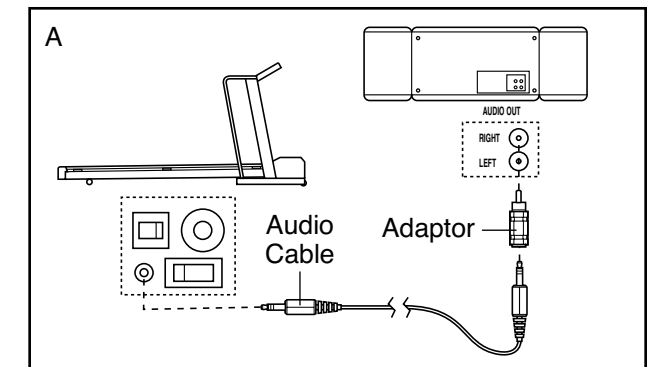

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the PHONES jack on your CD player. Plug your headphones into the other side of the splitter.


HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5 mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an AUDIO OUT jack on your stereo.

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your stereo.
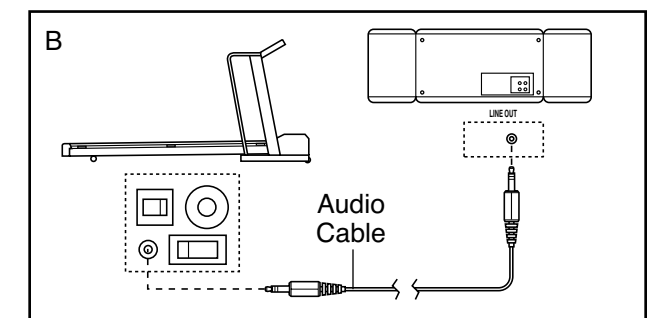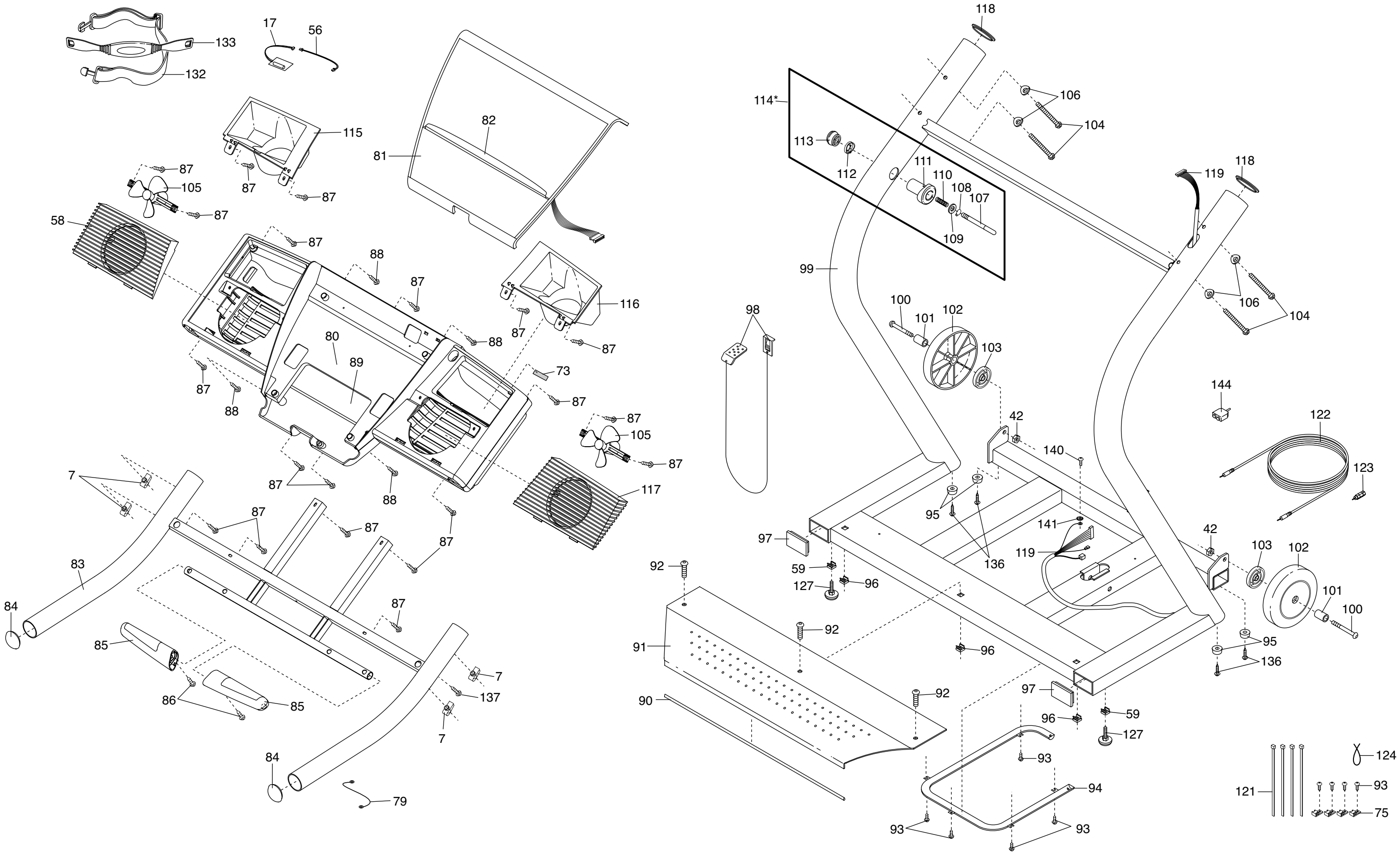

C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the PHONES jack on your stereo. Plug your headphones into the other side of the splitter.
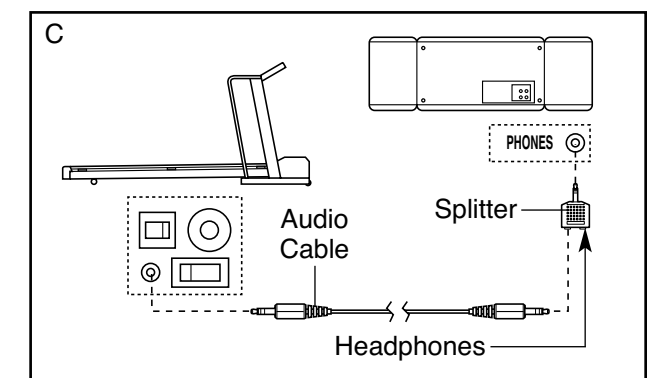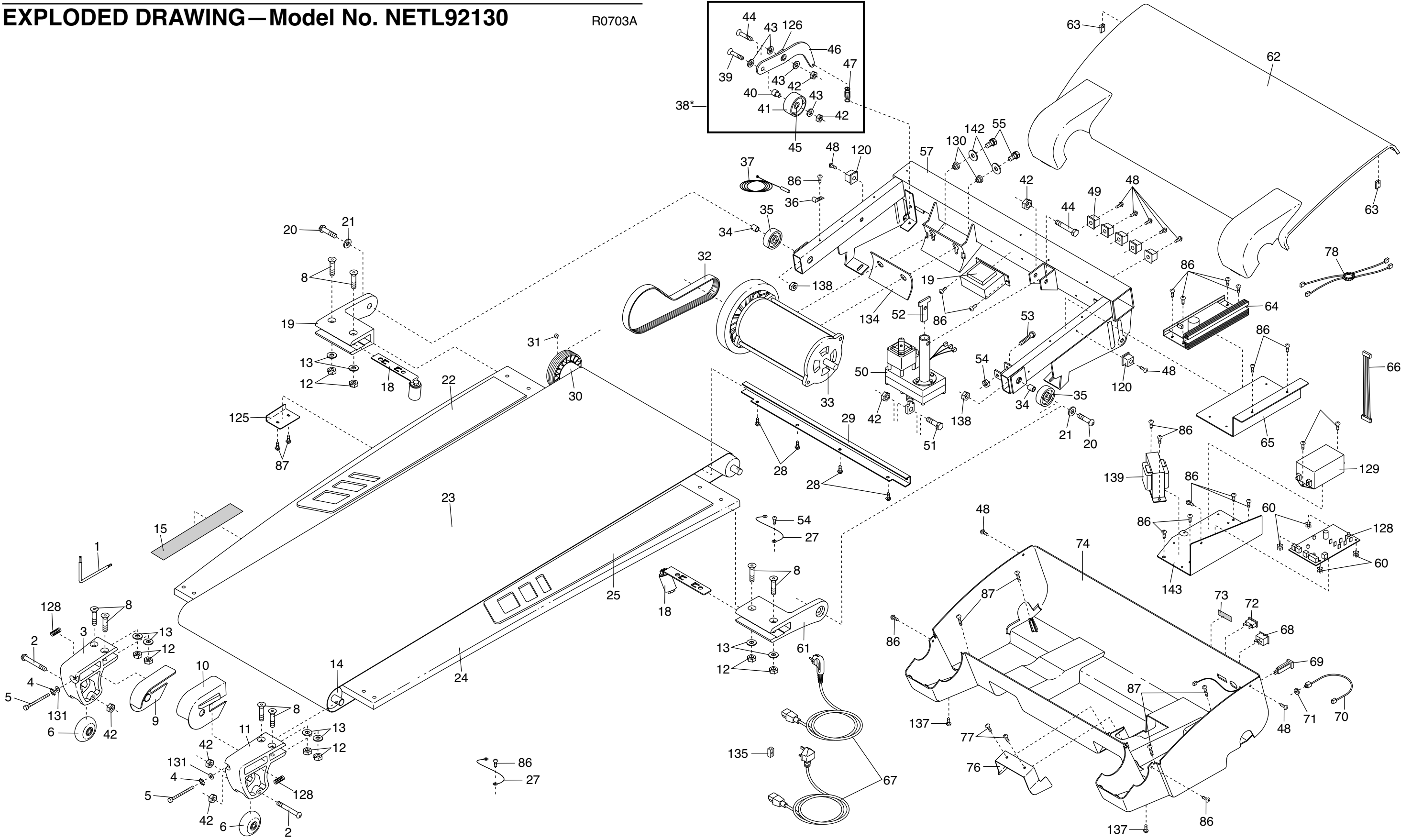
EXPLODED DRAWING — Model No. NETL92130

R0703A

To identify the parts shown on this exploded drawing, see the
PART LIST on pages 34 and 35 of the USER'S MANUAL.